

# REACH YOUR GOALS & START LIVING NOW

## Weight Loss Programs

*Professional programs for sustainable, long-term and healthy weight loss from the inside out.*



Our weight loss programs have been designed for those of you tired of wasting your time with fad diets that don't work. We offer professional help so you can lose weight and keep it off permanently... the right way.

The foundation of your weight loss success starts with our highly structured, effective nutritional weight loss programs developed by Registered Dietitian Kelly Spec. Our programs are designed to teach you the skills necessary to empower you to lose weight, reach your goals and maintain a healthy weight for years to come. We develop your plan together and will work with whatever your lifestyle demands.

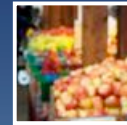
## 60-Day and 180-Day Programs

The 60-day weight loss challenge is ideally suited for clients who don't have a lot of extra weight to lose; usually up to 25 lbs. Clients receive all the nutritional counseling, coaching and exercise training they need to get started on a successful weight loss program.

The 180-day weight loss challenge is best suited for those clients wishing to lose a more substantial amount of weight, usually 30 lbs or more. This program offers the commitment and accountability necessary to help clients lose weight over the long term. The program closely follows the lessons presented in the 60 day challenge, however we see clients more often and over a longer period of time allowing us to keep clients on track and responsible for their weight loss success. The longer programs allow us to explore the concepts of the 6 essential weight loss skills in more depth, work through behavioral challenges over a longer period of time and increase the intensity of your workouts leading to long lasting results.

## PROGRAM COMPONENTS

1.



Nutritional Weight Loss Program

2.



Exercise- Personal Training

3.



Wellness Life Coaching

4.



Yoga & Pilates

## Program Components

### Nutrition

It's no secret that one of the most important components of any weight loss program is proper nutrition. Each of our programs start by teaching clients the 6 essential weight loss skills necessary for effective and permanent weight loss. Our dietitians teach you these skills through a series of one-on-one education sessions while developing your eating plan together. Clients are also taken out to the grocery store in each of our programs. As our programs are highly structured and effective, clients start to see consistent and predictable weight loss of about a pound a week by week 3.



*Kelly Spec, Registered Dietitian & Founder of Spectrum Nutrition*

### Personal Training

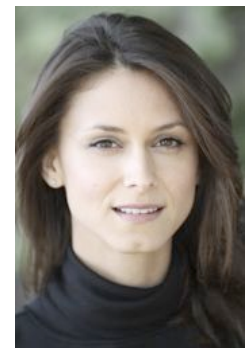
Whether you are an experienced gym bunny or you've never even held a dumbbell, personal training can help you reach your weight loss goals faster. Raising your heart rate and building muscle not only helps you burn more calories it strengthens your heart, gives you more energy and provides a plethora of other health benefits that can not be achieved entirely through proper nutrition. Your personal trainer will work with you to create a personalized plan that you can follow long after your program is over.



*Cass Bennett, Personal Trainer*

### Wellness Life Coaching

Ever wonder why you scarf down half a chocolate cake after having a bad day? Frustrated with yo-yo dieting? Feel like it is impossible to fit healthy eating into your schedule and/or budget? Our experienced wellness life coaches will work with you to overcome the personal barriers preventing you from weight loss success. Like a coach for a sports team, they will help you set goals and practice habits that will allow for sustainable, long-term weight loss results. Meetings can occur in 60, 30 or 15-minute time slots and are held at our office, over the phone or online depending on the client's preference.



*Alycia Hall, Wellness Life Coach*



### Yoga & Pilates

Our private yoga & pilates studio welcomes individuals of all shapes and sizes and is the perfect place to start bringing some Zen into your everyday life. Breathe, relax, heal & energize with your choice of yoga or pilates mat classes.

*Our Programs are designed for  
your success*



## Program Options

### Basic Nutrition

Learn the 6 essential weight loss skills in private, personalized sessions with a Registered Dietitian.

60 Day Challenge	\$585
180 Day Challenge	\$1125



### Food & Fitness

If you are someone who is currently active or interested in incorporating fitness into your weight loss plan *Food & Fitness* is for you. Combine nutritional counseling, one-on-one personal training, and unlimited yoga & pilates classes and experience increased energy levels and a decreased waistline.

#### **60 Day Food & Fitness Challenge:**

6 week nutrition weight loss program  
5 personal training sessions  
2 months unlimited yoga & pilates  
\$1,125

#### **180 Day Food & Fitness Challenge:**

6 month nutrition weight loss program  
10 personal training sessions  
6 months unlimited yoga & pilates  
\$2,080



### Mind & Body

Like any athletic team or person starting a new job sometimes we need a little coaching to help us achieve our goals. If you find it hard to break poor eating habits, difficult to fit healthy eating into your schedule, or you keep sabotaging yourself and eating for emotional reasons the *Mind/Body Program* is a great place to start your weight loss journey.

#### **60 Day Mind/Body Challenge:**

6 week nutrition weight loss program  
4 wellness coaching sessions  
2 months unlimited yoga & pilates  
\$985

#### **180 Day Mind/Body Challenge:**

6 month nutrition weight loss program  
4 wellness coaching sessions + 2 hours of follow-up coaching  
6 months unlimited yoga + pilates  
\$1,600

Continued...

## (Programs Continued)

### HeadStart Program

This program includes everything you need to hit the road running. The package covers all your bases from fitness to nutrition and behavioural counseling, empowering you to continue down the path to your weight loss goal long after you complete the program.

#### 60 Day Headstart Challenge:

6 week nutrition weight loss program  
6 personal training sessions  
2 wellness coaching sessions + 2 15-min. follow ups  
2 months unlimited yoga & pilates  
\$1,425

### LifeStyle Program

This program was developed for those who need both the skills **and** the support to reach and maintain their weight loss goals. In less than a year your mind, body and soul will be singing your praises!

#### 180 Day LifeStyle Challenge:

6 month nutrition weight loss program  
10 personal training sessions  
4 coaching sessions plus 2 hours of follow up  
6 months unlimited yoga and pilates  
\$2,680

## How Do I Get Started?

### Book your introductory consultation today by contacting Spectrum Nutrition:

Toll Free #: 1-800-920-6313

In the Vancouver Area: 604-675-6912

Fax: 604-675-6913

Email: [info@spectrumnutrition.ca](mailto:info@spectrumnutrition.ca)

Location:  
Suite 400- 601 West Broadway (corner of Ash & Broadway),  
Vancouver, BC

## TESTIMONIALS

*"I've learned so much from Kelly. She's taught me real, tangible skills that have helped me see true results. She's taught me how to not work so hard and that I actually have to eat to lose weight. I just had to have faith that eating the right way would still allow me to meet my goals without starving myself! The skills she taught me in our 5 short sessions together really feel like they have been worth months of therapy." - Marissa MacDonald, Vancouver BC*

*"With her subtle guidance, understanding and amazing intuition – Alycia was THE supporting pillar in a difficult and transitional period of my life. Having her as my Life Coach was the most rewarding gift I could have possibly made to myself." Corrine E. – Vancouver*

*What has been most helpful for me to actually lose weight with the program at Spectrum is the education. Knowing about soluble and insoluble fiber has made me look at all my dry goods and only purchase them if there is 5g or more. There are so many products available that the guidelines I learned at Spectrum really aren't too hard to find for most items. Crackers are about the only item I have had hunt a bit for ;). What made the program so easy for me though, is that I haven't had to completely overhaul my food choices, just some of the brands and it certainly wasn't too hard to do that! I'm down 12lbs now and no signs of stopping – Thanks Kelly!*

- Leah Bennett, Vancouver, BC.